



Clementines



Fact Sheet

Where did they come from?

Clementines, also called Algerian tangerines, are a hybrid between a sweet orange and a Chinese mandarin. Clementines have been available in Europe for many years but were first brought to the U.S. in 1982. A devastating freeze in Florida in the 1980's made oranges scarce in the U.S. This resulted in a lot of oranges, including clementines, being imported from Europe. Since then, the popularity of this small citrus fruit has spread throughout our country.

Where do they grow?

Most clementines are imported from Spain, Morocco, North Africa, South Africa and Chile but are also grown in parts of the U.S. including Florida and California. Today, clementines are available in our supermarkets all year round because they are shipped in from different countries. Each place has a different growing season. Spain produces this fruit from November to February, U.S. from November to May, South Africa from June to August and Chile from August to October.

How do they grow?

Clementines grow on trees in warm, sunny environments. The fruit looks like a mini orange. It is considered the tiniest in the mandarin orange family. They are a citrus fruit with a thin membrane, usually seedless and deep orange flesh.

Are they healthy?

- 👉 Provides large quantities of Vitamin C
- 👉 Significant source of dietary fiber, calcium and vitamin A
- 👉 Contains phytonutrients which help your body fight disease and promote good health
- 👉 1 medium clementine contains only 50 calories and .5 grams of fat

How do you pick a good one?

- 👉 Choose ones with glossy, deep orange skins
- 👉 Heavy for their size
- 👉 Soft puffy skins
- 👉 Avoid those with bruises or soft spots

☺ FUN FACTS! ☺

Clementines

Did you know...

- ☺ Did you know that clementines have a distinctive sweet taste?
- ☺ Did you know that two clementines fulfill the USDA's recommended daily requirement of Vitamin C?
- ☺ Did you know that citrus fruit such as clementines will help keep your bones and teeth healthy?
- ☺ Did you know that clementines are sold in wooden crates at your local supermarket?
- ☺ Did you know that clementines are often mistaken for tangerines?
- ☺ Did you know that clementines have what is called a "zipper" skin, loose and easily peeled?
- ☺ Did you know that clementines are a favorite citrus among children?

Remember ...

Include 5 - 9 servings of fruits and vegetables per day!



School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

Listed below are suggestions which you may choose at your own discretion

RECIPES:

- ✓ Offer fresh whole clementines for lunch, breakfast or After School Snack --- Kids love them cause they're easy to peel!
- ✓ Offer them as a healthy a la carte snack
- ✓ Use as a fruit in your grab'n'go or bag lunches

Presentation
Meal Appeal -----
Offer Clementines
in Wire Baskets.
Adds Eye Appeal!

MARKETING:

- ✓ Display on your serving line in wire baskets or in clean, sanitary crates
- ✓ Hang up posters from your "Fruits & Vegetables Galore" Kit
*Sense-ational Food; Eat Your Colors Every Day/Tuba Player;
Eat Your Colors Today; Enjoy Fruits & Vegetables!*
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

Quality:
Upon Delivery,
Always Check Quality
of Fresh Fruit!
Never Accept
Poor Quality!

PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;
Give this menu a special name (*Example: Catch the Clementine Craze!*)
- ✓ Feature "Orange Day" on the day that you offer clementines on your menu
 - ✓ Encourage the entire school to get involved
 - ✓ Reward students with a small prize if they are wearing orange
- ✓ Advertise a special grab'n'go lunch served in a colorful bag with a Clementine
- ✓ Promote an "Unusual/Unique or Special Fresh Fruit Day" --- Feature Clementines!
- ✓ Turn your salad bar into a self-serve fruit and vegetable bar once/week or once/month
 - ✓ Select produce in season
 - ✓ Utilize commodity frozen and canned fruits and vegetables and dried fruits
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 16-31

Safety:
Wash
Fresh Fruit!